

August 8, 2003

Mr. Willard Black, Principal
Academy for Ideal Education
1501 Gallatin Street, NW
Washington, DC 20011

Dear Mr. Black:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 4 through 12.

Key highlights from your review:

- Adequate documentation was available in the form of nutrition facts labels, and recipes to complete the analysis.
- Your menu has good variety during the week.

Based on the documentation you provided, the analysis for the week of review indicates your menus are significantly elevated in total and saturated fats, and low in calories and Iron. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from A Quest for Fresh, you will need to coordinate with them to make any necessary changes.

<p style="text-align: center;">Plan of Action Meal Pattern and Nutrition Standards Compliance</p>	
Observations/Finding	Recommendations
<p>Production Records were not accurately completed, and not available during on-site visit. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.</p>	<ul style="list-style-type: none"> ♦ Production records with planned numbers must be kept. All menu items, including varieties of milk and all condiments should be accessible before each meal service. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. ♦ Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy. ♦ These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards.
<p>Total Fat (TF): The analysis of lunch shows TF at 42.31%</p> <p>Saturated Fat (SF): The analysis of lunch showed SF at 13.96%.</p>	<ul style="list-style-type: none"> ♦ Offer 1% white and chocolate milks, or nonfat milk, which are lower in fat than the milk you currently serve. ♦ Serve low fat or nonfat dressings with salads. Salads were offered 4 of 5 days during the review week, and the salad dressing contributed significant amounts of fat. ♦ Limit the use of cheeses when not necessary and use part-skim and low-fat cheeses. ♦ Modify recipes – use low fat or nonfat mayonnaise and salad dressing in the pasta salad.
<p>Calories were low at a daily average of 677 Calories. This is only 86% of the target value of 785 Calories for this age range.</p>	<ul style="list-style-type: none"> ♦ Increase portions sizes (above 3/8 cup) of fruits and vegetables to increase Calories. ♦ Serve jelly with bread slices. ♦ Offer more grains/breads each day, without adding fat to them. Graham crackers,

	breadsticks, pretzels, larger portions of rice ($\frac{1}{2}$ c. to $\frac{3}{4}$ c. instead of $\frac{3}{8}$ c.) and low fat grain-based desserts will add calories without adding extra fat.
The federal regulations (7CRF 210.10 (k)(1) require 8 servings of grains / breads be offered in a week for the Traditional Meal Pattern, grades 4-12. Only 7.25 were offered during the week of review.	<ul style="list-style-type: none">♦ Offer more grains/breads each day.♦ Add graham crackers, saltines for salads, or medium size (8") tortillas with appropriate meals.♦ This will also help keep the Calories up while you reduce the fat (recommendations above) in your menu.
Iron was low at a daily average of 3.49 mg. The target value for iron is 4.23 mg per day.	<ul style="list-style-type: none">♦ Offer more foods high in iron, such as dried fruits (raisins, apricots), beans (baked beans, refried beans, bean soup) and leafy green vegetables.♦ Include more iron fortified grain-based food items to your menu.

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Ijala Ginyard